

UNITY DAILY WORD

A Page of Sunshine for Every Day



Revealing the way to
HEALTH, HAPPINESS and PLENTY

November, 1934



AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

October 20 to November 19

I know Thee as the source of my understanding and I serve Thee with a perfect heart and a willing mind.

My understanding of Truth reveals the unreality of sickness and the reality of health. I am radiant with the understanding that abiding health is my divine inheritance.

My understanding of the omnipresence of elemental substance opens the door to a continuous inflow of superabundance into my mind and affairs.

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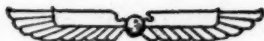
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UNITY DAILY WORD

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

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F. B. WHITNEY, *Editor*

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Unselfishness

If we abandon selfishness,
the door (of our higher consciousness) will be opened for us.

—Paracelsus

Look unto Me

CARRIE M. FREEL

Across stern Time's upheaving ocean,
From the mountains to the sea,
Comes a voice down through the ages—
Clear the call "Look unto me."

He who keeps his vision upward
Nevermore will see the night,
For the white gleam of His glory
Floods the soul with wondrous light.

"Look unto me," the One and only—
This command came from the height;
Obey this call and you will henceforth,
Then, be called "a child of light."

You will have a clearer vision,
You will feel your fetters fall,
Feel your soul renewed, uplifted;
You will know that God is all.

All the glories of His kingdom
Shall be yours; 'tis His decree.
If you hear, receive the message,
Heed the call "Look unto me."

Look unto me, and be ye saved, all the ends of
the earth; for I am God, and there is none else.
—*Isa. 45:22.*

Man's Laughing God

MAN HAS conceived of God in various rôles, such as the God of plenty and the God of health, but rarely does he think of Him as the God of laughter. Yet the Bible speaks of the Lord as laughing, and man in his inclination to be pessimistic at times and inclined to think that he serves the Lord by being stern and serious overlooks the fact that he has a God of laughter.

The nothings that man magnifies into things of importance in his own estimation would have small place in the sight of his laughing God. The world is full of people who make a mountain out of a molehill and then live in terror of the mountain. And all the while God is laughing at them. He tries to laugh them out of their fantasy and to turn their attention to worthwhile things. He laughs that they may catch the infection of his laughter.

In the Psalms we read that "the Lord will laugh at" the wicked, those who think contrary to good. In a metaphysical sense we do not think of the Lord as a personality laughing at man's misfortunes, but we do see in the Psalms a thought expressed that shows us the insignificance of that which we often deem important. Certainly, if we can conceive of our God as able to make us laugh when we would be hard and stern, we shall empower Him to heal us of many of our personal grievances.

The world of illusion so often mentioned in the religious teachings of the far East comprises all that would lure man away from the

great central truths of life. In his world of illusion man sees his hates and his fears as having power over him. This world he peoples with beings whom he fears or dislikes and he makes of it a world of unhappiness. This world he fills with beings who he thinks have power to interfere with his success, and his world is no longer one of illusion but one of seeming reality. It loses its illusory character, because it is made up of real people. And God continues to laugh at man!—as a fond parent might laugh at a little child who thinks that things can harm him.

Grown-ups, too, have their bogey men, their Frankensteins. They build up adverse states of consciousness and thus create their bogies. They endow relatives and employers with power to limit them and then in self-hypnosis sit under their spell. They believe that things of the world can take their happiness from them. Their world of illusion becomes more real to them than the three-dimensional world they touch with their feet and feel with their hands.

God is laughing at you at this moment if you are missing the enjoyment of a beautiful day by brooding over hurt feelings. God is laughing if you are holding in mind a hurt of yesterday when you should be keeping in mind the joy of loving Him today. God is laughing if you are overlooking the joy of His world to give your attention to the world of illusion. He is laughing if like a child you fill your world with bogey men.

In Eugene O'Neill's play "Lazarus Laughed" Lazarus sees men of the world disturbed by things of nothingness and he laughs. He laughs at men for believing that other persons and things can disturb them. He laughs with God.

Have you thought of God as your God of laughter? Is this conception of God a little too informal for you? Then God laughs at your formality. One writer, Walter Lanyon, tells us that the people of God are a people of joy, and it is not until they hear their God laughing in their souls that they have attained to their heritage. Get rid of your old impressions of God, your formal conceptions of Him, and laugh with Him.

It would seem at this moment as if the world we live in, with all its serious people, is providing a lot of amusement for a certain invisible world in which every one is laughing with God. We would seem to be objects of amusement because we give such importance to things of insignificance and nothingness. Our world of illusion with its hates, fears, selfishness, jealousies, and personal animosities must present a hilarious comedy to our God of laughter. And at those who object to seeing God as a God of laughter we believe God laughs the harder!

Man's laughing God is his greatest friend because only through laughter in his soul of souls can man rise out of his world of illusion, his world of self-hypnosis, his world strangely unlike the world of God, which is the world of smiles and eternal joy.

How to Be Thankful



WE MUST think of every blessing that comes to us as coming through God's love. We must realize that every good that becomes manifest in our life does so through God's love for us. We must be grateful for and appreciative of every evidence that God loves us.

If we take things for granted, if we think of our good as coming through our own personal efforts, if we leave God out of the matter, we shall never be thankful in spirit. We shall never know the joy of giving thanks if we feel that we have no one to whom thanks is due. If we leave God out when we should be thankful, we shall eventually find that God appears to be absent from our life when we seek His blessings.

In learning to be thankful the first step is to recognize God and to give Him a place in our life. The next step is to turn to Him when we are in need. The third step is to give thanks for the good we seek before it is visible. The fourth step is the prompt recognition of God when the blessing comes into manifestation.

We can see that learning to be thankful is a simple matter. It is but a process of recognizing God and giving Him a place in our lives. It is a matter of knowing that our blessings come direct from God and not through any person, thing, or circumstance.

The person who has many blessings is one who is always grateful and appreciative. He always gives thanks for even the smallest evi-

dence of God's love for him. He rejoices at the smallest blessing that comes into his life. No blessing ever comes to him but he gives thanks for it.

All of us know of instances where it was shown that the unappreciative person denies himself much good. Very often the unappreciative person does not receive favors or gifts from his friends because he does not know how to express his thanks. His lack of appreciation and failure to give thanks sets up a barrier that prevents his receiving the blessings that would be his if he knew how to give thanks.

We should think of a gift that comes through a friend as being prompted by Spirit. We should be appreciative in our attitude toward the friend and not fail to give thanks to God for the gift. To fail to give thanks makes us discourteous toward both God and the friend.

Today live in the anticipation of some blessing. When it comes to you, see how happy and thankful you can be. Let your heart overflow with love for God. It may be an insignificant blessing or favor in the eyes of the world, but this fact must not chill your enthusiasm. Train yourself to be just as thankful for the small gift from God as for the larger blessing. God's love cannot be measured according to the size or material worth of a gift. Remember that you are giving thanks for God's love and not for the appearance of a gift. You must be as appreciative as you can possibly be.

You will never lack any good thing if you

are appreciative and cultivate the spirit of thankfulness. This spirit assures you always of having whatever good you need and desire. You cannot lack any good thing when you live in God's love and do not neglect to express it in all your ways. You cannot lack a blessing when you know how to give thanks for it through your love of God even before it appears in manifestation. The evidence of your faith in God lies in your ability to give thanks for that which you seek before it appears in visibility.

Do you grasp the truths underlying thankfulness? Do you not see that you have no recourse but to love God and be thankful? You cannot receive a blessing from God unless you have a receptive and thankful heart. You would not go to a spring for water without an empty vessel. You would not hope to fill a vessel with a lid firmly clapped down upon it. You cannot expect God to fill your heart unless it is open to Him. Do you see that thankfulness will make your heart open and receptive?

Being thankful is not a difficult exercise. We become thankful when we get the right view of life. We see our relation to God and give thanks. Our heart is filled with love for Him and we are thankful. We recognize every gift and every favor as coming from Him and are thankful. Our heart opens to Him through love, just as the flower opens to the warmth of the sun. God finds our heart open and receptive and then finds some blessing with which to make us glad.

The Principle of the Thing

HOW OFTEN we hear some person say when disconcerted by something that another has said or done, "It's not so much what he said or did. It's just the principle of the thing." Many of man's troubles seem to revolve around "the Thing." Things of the world lure man away from his inner sense of peace. "The Thing" becomes to him whatever disturbs his sense of harmony.

In a book entitled "The Philosopher's Stone" there is a child who comes to think of the things he loses as going to the realm of Lost. He thinks of Lost as the world into which his little spade disappears. Lost becomes a mysterious world that appropriates his pleasures.

In man's world he is more concerned with the world of the Thing. If this occupies his attention to the exclusion of all else, we call him worried. We shall let the world of the Thing represent that world of external things, other persons, and circumstances that is waging the fight against the inner world of Spirit and peace. According to the thought of the material world, the world of the Thing has power over man. According to the teachings of Spirit and Truth, through Christ within him man has power over this world.

Those encumbered with the thought of things remind us of this passage in I Samuel: "Behold, he hath hid himself among the stuff." They are involved in the thought of things. They are like the helpless insect caught in the meshes of a spider's web. They are engulfed

in stuff.

The world of the Thing comes to be the world of whatever thing is disturbing us. The Thing viewed from one persons's standpoint has one character and viewed from another's it has another character. To one person it presents the appearance of disease, to another it may present the appearance of domestic trouble. Viewed from the standpoint of Truth, all worry must be given the impersonal, indefinite, and indistinctive title of the Thing.

Now what about principle? What about "the principle of the Thing"? Is worry based on a principle? Are malice and inharmony rooted in such things as principles? If we are to think of principle as God, Spirit, Truth, love, we must admit that disagreements, hates, revenge, selfishness have no support in principle. There is no principle in them; there is a conspicuous absence of principle.

The person who thinks that another has acted from a standpoint of no principle can right matters only by acting himself from the standpoint of principle as God and Truth. He cannot continue to hold that another's actions are unprincipled. Certainly he cannot refer to the principle of what we have labeled the Thing.

Thinking of God as principle, we know that evil, sin, and adversity have no principle to sustain them. They are the absence of principle brought to man's attention. This absence should inspire him to know principle and to apply it to his thinking and to his world.

If we see that a thing has no support in principle, we should dismiss it from mind without delay. Strange to say, the worrier clings to things unsupported by principle. Even the student of Truth, often taught to keep his thought upon God, the One Principle, is often inclined to spend much time on that which is "unprincipled." In time, however, he emerges out of the world where the Thing has been enthroned into the world of God, Truth, reality.

Very few persons are absolutely free from giving some thought to the Thing. They lack the consciousness of that inner reality which frees them from the belief that the Thing in its many guises can disturb their sense of harmony. They lack a realization that God as Principle is the principle of their being.

Your freedom from the world of the Thing, from being in bondage to what you have called the principle of the Thing can come only by directing your thought to its opposite—Spirit in the midst of you, and its principle. There is no other possible remedy or relief. As long as you believe in the world of the Thing and make it real to you, you cannot escape it. As long as you try to identify it with Principle, you give it substance.

You live in the realm of Lost when you go into the world of the Thing. You must live unified with Christ in the midst of you and direct your world—things and situations—from your inner world. You must rule from the throne of Principle—God.

Be of Good Cheer

FANNIE HERRON WINGATE

"Be of good cheer!"

List to the Master's voice,
Saying to palsied sick,
Saying to men afraid,
Saying to all mankind,
"Be not afraid, rejoice!
Be of good cheer."

"Be of good cheer!"

Whate'er thy life may be,
Where'er thou art,
Take as thy guiding rule,
Live them, the radiant words
Christ the Lord speaks to thee:
"Be of good cheer!"

"Be of good cheer!"

Hearst thou the words He speaks?
Then go thy way;
Let not earth clouds infold,
Nor human ties withhold,
For he shall find who seeks.
"Be of good cheer!"

Thursday, November 1

Persons and things no longer frighten me. In Truth I am fearless and courageous.

HAVE YOU reached the consciousness in which you are no longer afraid of other persons and things? Have you found within yourself that courage which carries you fearlessly through any situation? Have you realized that the only thing that can make you afraid is your own thought of fear?

Abide in the consciousness that you are created in the image and likeness of God, in the likeness of absolute courage. Turn out of mind all belief that persons, things, or situations can make you afraid. Free yourself from all thought that anything outside of you can disturb your sense of inner quietness.

When you realize the truth you cannot be afraid. You will no longer have fear thoughts or be afraid of external things. You will abide in the consciousness that knows no fear. You will realize that in Truth you are filled with divine courage and nothing in all the world can prevail against it.

Live this day in the realization that you are free from fear. Remove from mind every thought that would make you afraid. Abide in the consciousness of your innate courage.

For I, Jehovah thy God, will hold thy right hand, saying unto thee, Fear not.—Isa. 41:13.

Friday, November 2

*I cease to believe in evil in order to
fill my mind with good.*



EVERY TIME you think a thought of evil you become less established in the consciousness of good. The thought of evil tends to emphasize evil in your mind and to make you think of it as something powerful and true. You can neutralize evil and its effect only by thinking the truth about good.

If we always take the Spirit of God as our standard of thinking, we shall always be thinking of good. If we think according to Truth, we cannot give evil place in our mind. We must recognize evil as antagonistic to good and know that when we think thoughts of evil we are lured away from the truth about good.

You cannot think two opposing thoughts at the same time. If you want to establish good in your consciousness, you cannot afford to give thought substance to the thinking of evil. You must think good at all times. You redeem your consciousness from the claim of evil only by filling your consciousness with thoughts of good.

Live today in the realization that there is only God, the good, in Truth. Give all your thought to God. Be faithful in thinking only good thoughts.

Abhor that which is evil; cleave to that which is good.—*Rom. 12:9.*

Saturday, November 3

*My heart so overflows with love that
I no longer have an unloving thought.*

LOVE is the antidote to hate. When we love, we are unable to entertain an unloving thought. We are incapable of thinking in terms of hate when we think thoughts of love. We can see that our freedom from hateful thoughts comes through filling our mind so full of love that there is no room for hate.

Students of Truth have no difficulty in loving because their thought is turned to God. We cannot look Godward and entertain hateful thoughts. With our attention directed to God, divine love, we find ourselves filled with love. We identify ourselves with His love and find that it is our own power to love.

Are you in the habit of entertaining unloving and hateful thoughts? Why not acquire the habit of turning often in thought to God, divine love? Why not try to think thoughts of Truth and love to the exclusion of thoughts of hate? Why not keep hateful thoughts out of mind by keeping the mind centered upon God?

Your heart will be filled with love when you have gained the consciousness of love. No thought can oppose this love when you give your entire attention to God and His love.

The lovingkindness of Jehovah is from everlasting to everlasting.—*Psalms 103:17.*

Sunday, November 4

*I am no longer anxious or worried.
"Underneath are the everlasting arms."*

HAVE YOU thought of the arms of God—His love, His confidence in you, His strength—as sustaining you when you are anxious? Have you thought of these "arms" as bearing you up when you are worried, when things of the world seem to be going against you? Do you like to feel that God is supporting you when the world under your feet appears to be unsteady?

Learn to cast your burden upon the Lord and to feel that He is bearing it for you. If you can but do this, if you can but relieve yourself of personal responsibility, you will be relieved of worry and anxiety. You cannot be anxious when you give the burden to the Lord. You know without the shadow of a doubt that He will handle your affairs wisely and well.

Get rid of the belief that persons and external things can make you anxious. Know that all anxious thought comes from the mind, independent of the state of external things. Free your mind from anxiety by rising above anxious thought and by establishing yourself in Truth and freedom from worry.

You will not worry when you learn to trust God in all things. You cannot be anxious when you know that He bears your burdens.

Cast thy burden upon Jehovah.—*Psalms 55:22.*

Monday, November 5

The Spirit of Christ in me has now set me free from sin, disease, and lack, and I am free.

JESUS came as a heaven-sent ambassador to humanity enslaved to sin, disease, and want. His mission was to share His Christ consciousness with man and to free him from bondage. He did this through teaching Truth. He directed men away from the belief in bondage to the truth of their freedom.

Jesus came to awaken us to the presence of the Spirit of Christ within us, the Spirit of freedom. He came to direct our attention to freedom and thereby relieve us of the belief that we are in bondage to persons and things.

If you would be free, think no longer of any person or any thing as having power to take away your freedom. Know that your freedom is forever established in Truth. Even as the Spirit of Christ in you is free, so must you ever be free. When you realize this mighty truth, you cannot ever again be in bondage to persons or things or be bound to the belief in sin, disease, and want.

Go forth this day rejoicing in your freedom. Rejoice that you are forever established in the truth that sets you free from every form of limitation.

I shall walk at liberty.—*Psalms 119:45.*

Tuesday, November 6

*I am now patient because I trust God
to manage and to adjust all my affairs.*



THE PATIENT person can always be found trusting in God. Regardless of appearances, regardless of the uncertainty of his affairs, he still looks to God and continues to trust. He finds that His affairs are managed and regulated through his reliance upon God. He discovers that his trust is rewarded by an increase in his patience.

The individual who is impatient gives much thought to external things. He believes that they have power to conspire in some way against his best interests. He believes that things will produce some havoc in his life before the power of God will operate to his advantage.

We develop patience by increasing our trust in God. We learn to trust Him in all our ways and cease to think of things as having power. We know that through our trust we grow in such measure of patience that we can stand in the face of seeming disaster and behold the work of God being done to bring us ultimate success.

Patiently trusting God, we confidently know that He will manage, regulate, and adjust every situation that arises in our affairs. We know that He is ever with us.

By patience in well-doing seek for glory and honor.—*Rom. 2:7.*

Wednesday, November 7

*The joy of the presence of Christ fills
my heart and I rejoice in all my ways.*

REJOICE in the consciousness that you have within you the presence of Christ, the presence of joy. This consciousness will cause you to rejoice in all your ways. Nothing in all the world can cause you to be depressed or sorrowful when you abide in the consciousness of joy.

The joy of Christ is constant, unaffected by things of the external world. When we abide in this joy, we do not allow things of the world to take our joy from us. We know that our joy ever endures, regardless of the state of things of the world about us.

The joy of Christ is at once an antidote to every depressing thought. No belief adverse to joy can endure in the presence of Christ. He ever rejoices at the heart of our being. We feel the joy He shares with us when we abide in His consciousness of joy.

Live today in the realization that there is nothing in all this world that can cause you to lose sight of Christ's presence in the midst of you and to give up the joy of knowing Him. Live in the consciousness that you are permanently identified with Him and are at one with His joy. Live today in the realization that you rejoice because He rejoices.

Rejoice always.—*I Thess. 5:16.*

Thursday, November 8

*I have faith in the power of God to
bring good to pass in my life.*

RISE to the consciousness in which there is no disbelief. Cease to doubt God. No longer believe in any opposite of God. Know that He is omnipotent. When you do this, you will no longer have difficulty in being faithful. You will believe in nothing but the power of God, the good.

Faith in God causes us to give up all belief in evil in its many forms. We cannot believe in the power of evil, sin, disease, fear, and failure when we believe in God. We cannot believe in any opposite of God when we know that in Truth there is but one God.

Faith in God causes us to realize that He is working in and through us and bringing good to pass. We have faith in Him and behold His good becoming manifest in our life according to our highest desire. We have faith that He is quickening us to know more of Him and to behold Him giving us more of Himself. We are inspired to know that He is the good we most ardently seek.

Abide today in the consciousness that you believe only in God, the good. Keep your whole thought centered upon Him.

Faith is a confident assurance of that for which we hope, a conviction of the reality of things which we do not see.—*Heb. 11:1 (Weymouth version).*

Friday, November 9

The justice of Spirit inspires me to be just toward all persons and they in turn are just toward me.



THE JUSTICE that we show toward others and the justice that we experience both issue from our consciousness of justice. We can see that when we are established in the justice consciousness we are just toward other persons and they in turn are just toward us. We can see that if injustice appears in our life in our relations with others, we need to get out of the consciousness of injustice and realize the truth. We need to know that we are ruled only by the justice of God.

The justice of Spirit inspires us to give up every unjust thought. We cease to want to be unjust to others when we are inspired by Spirit. We no longer desire to be cruel or revengeful when we are prompted by Spirit to be just in all our ways.

God is always just to us. We need but take Him for our example. We then show the same justice toward others that our heavenly Father shows toward us. Justice issues from the presence of Spirit within us and we are just toward all whom we meet.

Live in the knowledge that Spirit is ever just.

True and righteous are his judgments.—Rev. 19:2.

Saturday, November 10

The forgiving power of Christ expressed through me makes me forgiving at all times.



CHRIST in us ever forgives. We cannot think of Christ as remembering a wrong, as being revengeful, as refusing to forgive. In the same way, we must not think of ourselves as privileged to do what Christ cannot do or to do something of which He would not approve.

The forgiving Christ in us prompts us to forgive when the personal man would urge us to be unforgiving. Christ inspires us to show forgiving love when those about us would stir us to unkindness and unforgiveness. We forgive readily when we know that we are unified with Christ and His forgiving love.


Today forgive the person toward whom you have been unforgiving. No longer let yourself be held by the chains of unforgiveness. Forgive readily and thoroughly. The very act of forgiving will bring you a blessing far greater than the satisfaction you think you have through being unforgiving.

When you forgive, you not only give up your adverse thoughts about another but you set yourself free.

Bless Jehovah, O my soul . . .
Who forgiveth all thine iniquities.
—*Psalms 103:1, 3.*

Sunday, November 11

The peace of Spirit now pervades my mind and my world and I am peaceful toward all things.

N THE WORLD of Spirit there is no inharmony nor any condition that is not peaceful. Spirit knows only peace. When we drop from mind all inharmonious thought, we too shall know only peace. We shall abide in that consciousness which partakes of the peace of heaven.

Thoughts of peace assure us of a world of peace. Peace fills our environment and our world when it fills our mind. We become peaceful toward all persons and all things when we are at peace with ourselves. We are at peace with ourselves when we are peaceful toward the Spirit of Christ within us.

When we give up peace-destroying thoughts our peace is secure. We rest in the consciousness of that peace which cannot pass away. We abide in the realization that the peace of Christ within us cannot change or be diminished.

Today our lesson prompts us to give up every belief contrary to peace. We are prompted to think in terms of peace and thereby think in the language of heaven. We abide in the realization that our peace cannot pass away since Christ in the midst of us cannot pass away.

My people shall abide in a peaceable habitation.
—Isa. 32:18.

BLUE SKIES IN

What if the days are dull and gray
And snow is on the pines!

The Son of God shines every day—
Within your heart He shines.

What care you whether snow or rain
Fall over leaf and clod?

Each day to you is one more gain,
A chance to know of God.



ES IN THE HEART

What if the sky is dark o'erhead—

What matters this to you?

Within your heart no skies of lead:

You have but skies of blue!

Just find the blue skies in your heart;

There shines the Son of Light!

In darkened days you have no part,

Within you no dark night.



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Monday, November 12

*Understanding the Truth of Christ, I
am free from all belief that adversity in
any form is true or real.*



THE TRUTH of Christ gives us a standard for thinking. By this standard we are set free from the habit of thinking of sin, evil, disease, fear, and failure as having place in Christ's Truth. We know that only the good is true. All else is outside the pale of absolute Truth. Metaphysically speaking, that which is unlike God, Truth, and reality is untrue and unreal.

The Truth of Christ is a philosophy of thinking according to a heavenly standard of values. It is a livable teaching, since it is given us in order that we may be helped in living the Christian life. The Truth of Christ is a divine philosophy adapted to man's needs for overcoming the adversities of the world.

The purpose of understanding Truth is to establish it so firmly in consciousness that adversity can have no place. When we are established in Truth, we cannot experience evil, sin, disease, fear, and lack. Truth is our safeguard against all that is unlike God in nature and character.

Students of Truth eagerly endeavor to understand it that they may rise to that high consciousness in which they know only Christ.

Speaking truth in love.—*Eph. 4:15.*

Tuesday, November 13

*The presence of God fills my body,
and it is His temple of holiness and per-
fection.*



HAVE YOU thought of your body as God's temple of holiness, health, and perfection? Have you dismissed from mind all belief that your body is the habitation of disease and weakness? Do you think of God's presence as filling your body and thereby making it a thing of holiness?

Let your best thoughts be embodied in your body. Keep out of mind thoughts about the body that you do not want to be expressed in it. At all times think of your body as God's temple and let no thought of impurity or disease enter it.

Studying the Bible from the standpoint of Truth, we gain a new view of the body. Previously we may have thought of it as a thing of disease. In the light of Truth we see it as God's holy temple. We see it freed from certain physical and material limitations. We recognize its spiritual significance.

Bless your body with the thought of its holiness. Know that God dwells in it. Realize that with Him in your midst you have a strong ally for health. Direct your attention to His presence and identify yourself with Him.

The temple of God is holy, and such are ye.
—I Cor. 3:17.

Wednesday, November 14

I drop from mind thoughts of evil in order to think thoughts of Truth—of peace, good, health, courage, and success.



AS STUDENTS of Truth we must guard our thinking. We must drop from mind every thought antagonistic to good. Every adverse thought works against a thought of Truth. Every thought of disease weakens our hold upon thoughts of health. Every thought of fear that we entertain but seeks to establish itself in place of a thought of courage.

We can see the necessity of disciplining our thinking so that we may be found entertaining thoughts of Truth instead of thoughts of evil. We see that through the study of Truth we are given a standard and guide for our thinking. When we think a negative thought, the Spirit of truth within us warns us to correct our thinking.

Spiritual thinking is man's way to redemption from thoughts of evil. Spiritual thinking is his means of rising to heavenly heights. By thinking of Spirit, he is liberated from thinking of evil, sin, and adversity. His spiritual thoughts keep him identified with the blessings of Spirit.

Bringing every thought into captivity to the obedience of Christ.—II Cor. 10:5.

Thursday, November 15

I abide this day in prayer, in conscious realization of my oneness with God.

PRAYER is our means of establishing relations with God. By prayer we enter into the consciousness that we are inseparably identified with Him. Prayer puts us in touch with the blessings of heaven and causes us to know that they are ours.

Do you think of prayer as beseeching God for something. Prayer is realization. Your prayer is answered if you can realize that the good you seek is yours already. Remember that it is always God's will that you enjoy good. If you have not developed the power to pray, do not blame God because you do not receive an answer to your prayer.

By prayer we know that the blessings of heaven are ours even before they come into visibility. They become tangible to us in Spirit before we see them in manifestation. Through prayer we reach those heavenly heights where we behold that which we desire as coming into manifestation through our need for it.

You can strengthen your ability to pray by gaining this higher view of prayer. Try to live in prayer at all times, in the realization of your eternal oneness with God, the good.

Ask, and it shall be given you.—Matt. 7:7.

Friday, November 16

The life of Spirit within me ever inspires me to be animated and alive.

DO YOU think of the Spirit within you as the source of your life? Do you realize that you have within you that which is powerful to keep you animated at all times? The source of your life is right at the heart of your being. It is the presence of Spirit.

When you seem to be depressed and lack animation, when you are weary and need refreshment, when you seem to be entirely lifeless, turn to the life of Spirit within you. Turn from those things of the world which seem to take your vitality. Realize that within you is the fountain of life. Identify yourself with that indwelling power which is mighty to vitalize you and make you alive.

The life of Spirit within us is the source of our health. We need not go to distant lands or look to material things for our healing. We have our cure right at the heart of our being. We have within us that life which animates all living things. What more can we desire? What more can we possibly need for our health?

Abide today in the conscious realization that you are at one with the life of Spirit.

As the Father hath life in himself, even so gave he to the Son also to have life in himself.—*John 5:26.*

Saturday, November 17

*God, the law of God, now governs me
and all my affairs.*

DIVINE LAW, when rightly understood, becomes the law that rules us in all things. We cease to believe in laws of adversity when we believe in the law of God. We realize that in Truth there is but one law, the law of good, even as there is but one God.

Thinking of God as law causes us to realize that He is entirely dependable. We think of His metaphysical and scientific character when we think of Him as law. We know that Truth is scientific because God is law. We realize that the principles of mathematics are scientific in character, and so is Truth.

The student of Truth knows that evil has no basis in principle, since God alone is principle. He knows that there could be no principle opposed to God or God would cease to be principle. If something could work to the detriment of the principle of Truth, it would cease to be such.

Know that the law of Truth sets you free from all belief in laws of negation and adversity. The belief in other laws must give way to the truth that there is but one law, the law of good, the principle of Truth.

The law of the Spirit of life in Christ Jesus made me free from the law of sin and of death.—*Rom. 8:2.*

Sunday, November 18

I turn my attention to the kingdom of God within me and direct all my thoughts to His heaven.

HAVE YOU located heaven? Have you freed yourself of the misconception that heaven exists somewhere in the distance or in the future? Have you found the kingdom of God, heaven, within you? Do you know that it is ever at the heart of your being and that God is enthroned there?

Heaven is a state of perfect harmony. When we discover this harmonious state, when we realize that we abide in heavenly bliss, we feel that we have reached a place toward which our eyes have ever turned, to which our thoughts have ever been directed. Heaven is the ideal of all our thinking and dreaming.

God ever lives at the heart of our being and ever inspires us to turn to his presence. When our thought is directed to Him, it is directed to heaven. Nothing unheavenly in character can claim our attention when our eyes are fixed upon Him.

Live today in the knowledge that you have heaven right within you. With this mighty truth in mind, you will always abide in heaven. You will always be conscious of the state of perfect harmony.

Seek ye his kingdom, and these things shall be added unto you.—*Luke 12:31.*

Monday, November 19

The light of Christ at the heart of my being is ever my illumination and inspiration.



NO LONGER look to things of the world for your illumination. Realize that you have within you all wisdom and intelligence. You have within you the presence of Christ. This will ever inspire you, ever reveal to you that which you need to know.

The light of Christ within you is the light that will disclose your good to you. You cannot be in darkness when you know this truth. You will no longer think of yourself as ignorant. You will realize that you have recourse to the wisdom of Christ, all intelligence.

You came into this world bearing the candle of the Lord, the inner light of heaven. Nothing can darken your world but your own belief in darkness. Nothing can hide your good from you.

Abide today in the consciousness that through Christ within you you know all things. Live in the realization that nothing in all the world has power to obscure your inner light. Know that it is ever shining with the radiance of heaven. You are wise, intelligent, radiant.

It is God, that said, Light shall shine out of darkness, who shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ.—II Cor. 4:6.

AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY
November 20 to December 19

Illumination

Beholding as in a mirror the glory of the Lord, I am transformed into the same image from glory to glory.

Healing

I am the image of the living God, who made everything and pronounced it "very good." Therefore I am perfect in spirit, soul, and body.

Prosperity

What I image in mind is molded in omnipresent substance, and I behold infinite Spirit breaking the bread of heaven to meet every human need.

Tuesday, November 20

The healing presence of Christ is ever within and about me and I no longer believe in disease.

WE ARE set free from all belief in the presence and power of disease when we give our whole thought to the omnipresence and omnipotence of Christ, our abiding health. We are liberated from the thought of disease when our heart is given entirely to the presence of Christ. We come to know that health, not disease, is our divine birthright.

Do you need to be free from disease in the body? Free yourself mentally from the disease thought. Think health. Realize that Christ within and about you is your health. Know that He is ever inspiring and lifting you up to His presence and health.

Never think of disease as something that belongs to you, something that you "have." In Truth, you have the presence of Christ within you. This is the source of your life, health, and strength. Think of health as your natural state of being. Think of health as evidence that you know your oneness with the Christ within you.

Go forth today in the realization that you are free from all belief in disease. Know that you live in Christ and that He lives in you.

I will restore health unto thee, and I will heal thee.—*Jer. 30:17.*

Wednesday, November 21

I am prospered through the prospering consciousness of God.

DIVINE MIND is filled with rich and prosperous ideas. In the sight of God there is neither lack nor failure. Man prospers to the extent that he rises out of the belief in lack and identifies himself with the prosperous thoughts of Divine Mind, the mind of Truth.

Do you experience lack? Does failure appear in your affairs? Such experiences are but outer evidence of your consciousness. Your beliefs in lack and failure are outpictured in your affairs because of your persistency in thinking such beliefs. You are unable to demonstrate prosperity and success because of your negative beliefs.

We can see that freedom from lack must come through freedom from thinking in terms of lack. Prosperity can come only through the consciousness of Truth, only through the prospering consciousness of Christ. Prosperity attempted in any other way is transitory.

Rise to the consciousness that in Truth there is no lack. Live in the realization that you are forever identified with the prospering consciousness of Christ. Let this consciousness inspire you with rich, prosperous, and tangible ideas.

That ye may prosper in all that ye do.—*Deut. 29:9.*

Thursday, November 22

*I am mentally and physically relaxed
from all tension and strain and live
calmly and serenely.*



ULTIVATE the serene life. Live a life free from all tension and strain. Clear from mind all thought that would tend to make you tense in mind and in body. Get rid of thoughts of fear, impatience, and resistance. Live in the realization that nothing in all the world can make you tense. Know that your life in Truth is the life of Spirit.

To be free from tension in the body you must be free from tension-producing thoughts. You must so discipline your mind that not a thought can lodge in it that will produce uneasiness in your body. There is no other way to get rid of physical tension.

Find the Spirit of peace within you. Turn often to its presence. Let nothing of the world about you disturb you. Live in the realization that things can no longer make you tense. They will be unable to do so when your life is centered in the Spirit within you.

Abide this day in a consciousness of freedom from all belief that things can disturb you. Know that in Truth you live the serene life of Spirit. Enter into that inner consciousness in which you live apart from all stress and strain. Live with Christ.

He leadeth me beside still waters.—*Psalms 23:2.*

Friday, November 23

Through the power and dominion of Christ within me I have power and dominion over my life and over all things of my world.

DO YOU think of things of the world as having power over you? Do you think of other persons as dominating your life? Does adversity seem to have dominion over your affairs? Many persons believe that other persons, things, and situations have power over them. They think of the center of power and dominion as being external to them.

Christ lives within you as power, dominion, and authority. He is your own power over all the claims of sin, evil, and adversity. He is your dominion over race beliefs in disease and lack. He gives you His authority to prove that adverse things have no power over you and to prove that through Him you have all power.

Never impute to external things the power to rule you. The only power in Truth is the power of Christ within you. When you know that Christ through love dominates you, you cannot believe that you can be dominated by hate or fear. When you realize that Christ as health has all power over you, you will no longer believe in the power of disease. Never consent to any adverse belief and its seeming power.

The upright shall have dominion.—*Psalms 49:14.*

Saturday, November 24

The idea of perfection in Christ implanted in me at my creation now appears as my own perfection.

IN THE sight of God, your Creator, you are perfect. You have no shortcomings. You are God's idea of perfection come into manifestation. Man in perfection is the manifestation of God's perfect ideas. You are this manifestation.

When you think of yourself as having personal blemishes or shortcomings, you think contrary to the truth of God. You think in opposition to the perfection of God that appears in man. You make shortcomings more pronounced when you think of them as belonging to you. Every time you think of shortcomings as yours you let them have a firmer grip upon you.

Your perfection was implanted within you when you were created. This is the perfection of Christ, the perfect man. In order to come into a conscious realization of this perfection, you must keep your attention upon it to the exclusion of all thought about imperfections. You must direct your attention to the presence of Christ within you.

In spiritual consciousness, you will realize the perfection of God's creation. You will come to see that you are this perfect creation, free from blemish or shortcomings.

Thou wilt show thyself perfect.—II Sam. 22:26.

Sunday, November 25

*In the stillness of Christ within me,
I find my own inner stillness.*



THINK of Christ within you as that presence of quietness which radiates stillness to your very soul. Know that when you have found this presence, nothing in all the world about you can disturb you or interfere with your sense of quiet. Neither persons nor things can take this inner realization of quietness and stillness from you.

The stillness of Christ within us is that presence to which we can turn when we want relief from the noise and confusion of the world about us. We enter into the silence of His presence and a great peace floods our soul. We enter into the realization that things of the world cannot affect us and find that His presence of quietness gives us power and strength.

Enter into the inner stillness of Christ and let this fill you with the sense of peace and quiet. There is power in stillness. From this presence you will receive strength to perform your daily task. This stillness will convey to you a sense of mastery over all your affairs.

Live in the realization that you are constantly identified with Christ and His stillness. Abide in the consciousness of quietness and let your world be one of great quiet.

Be still, and know that I am God.—*Psalms 46:10.*

Monday, November 26

*Christ in me is ever lifted up, and I
too am exalted to high heaven.*



CHRIST ever lives in us, ever exalts us to heavenly consciousness. When we realize this, nothing in all the world can cast us down. Nothing can depress us when we know that Christ in us lifts us up. Neither person nor thing can keep us from rising with Christ to the consciousness of exaltation.

Christ exalts us above all sense of fear, hate, discouragement, injustice, disorder, disease, and failure. His consciousness exalts us above materiality. He lifts us above all that would drag us earthward, drag us away from that which is ennobling and exalting.

Do you not feel the need at times of something to buoy you up, something to lift you above the depressing things of the world? Have you found the presence of Christ within you to be a power that exalts? You will discover that you have within you that which is powerful to exalt you when things of the world would seem to pull you down. The Spirit of Christ within you is that which causes you to know that you are not of the earth but of heaven.

Abide in the knowledge that you have Christ in you.

Now will I lift up myself; now will I be exalted.
—Isa. 33:10.

Tuesday, November 27

I now live in the realization that all blessings are mine at the present moment.

DO YOU limit yourself and your blessings by thinking that they can come to you only in some future time? Are you in bondage to the time idea? Are you failing to enjoy the blessings of today? Have you realized that the present moment has all good in store for you?

Living in the realization that your good comes to you now causes these blessings to be manifested at the present time. When you live in the thought that your good comes to you only in the future, you do not catch up with your blessings. They are always in the distant future, always intangible.

There is no "time" in Spirit. The future is but a pale shadow, a counterfeit, of the reality of the present moment. The past likewise is figured in its relation to present time. You can see that you must train yourself not to live in thought in the past or in the future, but in the glorious now.

The blessing you have anticipated for the future is yours now if you can perceive it as yours now, at the present moment. You overcome all belief in limitations of time through the higher consciousness.

Redeeming the time.—*Eph. 5:16.*

Wednesday, November 28

I am no longer condemned. The Spirit of Christ in me ever praises me.



CONDEMNATION belongs entirely to the unenlightened man. He believes that others have power to place him under the spell of condemnation. He thinks that he has power in turn to condemn others and to injure them in so doing. He lives in the thought of condemnation because in consciousness he believes such a thought operates through him or against him.

Praise is the antidote to condemnation. If you think that you are under a thought of condemnation, you can neutralize such a belief by entering the consciousness of praise. You cannot believe in praise and at the same time believe in the power of condemnation.

You have no right to condemn others. Your part is to find something in them to praise. Your duty is to discover good to praise instead of looking for evil to condemn. You are to praise the Christ that exists in your fellow man.

In the consciousness of praise find all that is worthy of praise. Praise all the good that you can see. Praise the latent and invisible good. Praise Christ now coming into visibility. Praise the spiritual man now coming into tangible manifestation.

The Lord Jehovah will help me; who is he that shall condemn me?—*Isa. 50:9.*

Thursday, November 29

*I am ever of a thankful spirit because
of countless blessings.*

DO YOU find time to give thanks? Do you give expression of appreciation and gratitude for the many blessings that come to you? Do you realize that a demonstration is not complete until you have given thanks for the good that you have received? Do you know that you must give thanks in order to receive the blessing you seek?

The spirit of thankfulness is always rewarded by added blessings. When we are thankful, we are even blessed for having been thankful. Thankfulness itself is a blessing. Being thankful for the good we have, we have no time to give to that which is not good.

Do you count your blessings? Have you ever discovered that you are unable to enumerate all of them? When we think we have finished counting them, we are sure to find some that have escaped our notice. Many persons find that counting their blessings is a source of happiness to them.

Be thankful for your knowledge of Truth. Be thankful for knowing that Christ within you is ever with you, ever giving you of Himself. Be thankful for the many ways in which God expresses Himself to you.

I will give great thanks unto Jehovah.—*Psalms*
109:30.

Friday, November 30

The path of Spirit is now revealed before me and therein I find peace, joy, and plenty.



THE WAY of Spirit is always the way of God's blessings. When we go this way we are sure to have every good thing. When we follow other ways, we must not blame God if we do not find the blessing we anticipate.

Have you found your path in life? Have you found the path that leads to joy and plenty? Have you discovered the way that Spirit has directed you to take? You will find that the way of Spirit is the way of happiness, health, and plenty. You will discover that this way is free from obstacles, opposition, defeat and failure.

Turn to the light of Christ within you and see which way you are to take. If two paths open before you, pray to be shown the right path. Know that the light of Spirit will indicate to you which road is the way of Spirit, the way of light, peace, and plenty. Go the way of Spirit and you may be assured that you will always be attended by Spirit and by its blessings.

Turn your thought this day to Spirit. Be content to go the way of Spirit, free from your own personal dislikes or likes. Be willing to be spiritually led.

He will teach us of his ways, and we will walk in his paths.—*Isa. 2:3.*

A New Christmas Booklet

This year *Where Blessings Begin*, a short story by Sonya Max, will be included in our group of Christmas booklets. It tells the story of a disheartened woman who had hoped for twenty-five years to make a visit to her relatives and friends back in the old home State. Then a chance visitor put her on the right road to demonstrating her desire, and the story comes to a happy climax. Some discouraged friend of yours would gain fresh courage from reading this delightful story of prayers answered and good bestowed.

Our other Christmas greeting booklets are *Holy Bread* by Zelia M. Walters and *The Song of Life* by Ernest C. Wilson. These booklets come with attractive Christmas envelopes, and can be mailed at a cost of 1 cent each (*Holy Bread*, 1½ cents postage). They are priced at 10 cents each for single copies; \$1 for twenty copies.

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Reality

*Unhappy is he
who mistakes the
branch for the tree,
the shadow for the
substance.*

—The Talmud.



